

# A Checklist to Keep You Healthier



Your health insurance may now cover more than ever. Talk with your doctor or health care provider to find out what tests or other services you or your family member may need.

✓	<i>Preventive service</i>	<i>Date</i>	<i>Notes</i>
	<b>Abdominal aortic aneurysm one-time screening</b> for men of specified ages who have ever smoked		
	<b>Alcohol misuse screening and counseling</b>		
	<b>Aspirin use</b> to prevent cardiovascular disease for men and women of certain ages		
	<b>Blood pressure screening</b> for all adults		
	<b>Cholesterol screening</b> for adults of certain ages or at higher risk		
	<b>Colorectal cancer screening</b> for adults over 50		
	<b>Depression screening</b> for adults		
	<b>Diabetes (Type 2) screening</b> for adults with high blood pressure		
	<b>Diet counseling</b> for adults at higher risk for chronic disease		
	<b>HIV screening</b> for all adults at higher risk		
	<b>Immunization</b> vaccines for adults		
	<b>Obesity screening and counseling</b> for all adults		
	<b>Sexually transmitted infection (STI) prevention counseling</b> for adults at higher risk		
	<b>Syphilis screening</b> for all adults at higher risk		
	<b>Tobacco use screening</b> for all adults and help to stop smoking for tobacco users		